

March 1, 2010

Island Announcements



Force Protection Level – Alpha
Homeland Security Advisory System – Yellow/Elevated
Transportation Security Administration Threat Level – Orange/High
Coast Guard Maritime Security (MARSEC) Level – 1/Significant Risk



These announcements are also available on the island intranet under "Information" and on the installation website at www.ria.army.mil under "About USAG-RIA" and then "News" and "Local News."

Island Announcement Submission: <http://www.ria.army.mil/sites/IslandAnn/announcement.cfm>

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Severe Weather Awareness Week: In an effort to prepare for all types of hazards, the U.S. Army Garrison-Rock Island Arsenal, DPTMS Plans and Operations Division and DES

Consolidated Dispatch, will be conducting severe weather drill as part of Severe Weather Awareness Week. The severe weather drill will be conducted on **March 2**. The drill will be conducted at 10 a.m. for all tenants of the Arsenal. The severe weather drill will start with a three to

five minute steady signal on the outdoor sirens. This is in conjunction with the monthly siren test held on the first Tuesday of every month. Each Building Marshal Warden, whose phone number is registered with the Building Marshal Warden Program manager, will receive a notification from the RIA Consolidated Dispatch Center to begin severe weather shelter procedures through the Telephone Alert System and through AtHoc, a computer software notification that will "pop up" on RIA network computer screens (this is not the email notification you used to get). For more about Illinois' Severe Weather Awareness Week go to:

www.iema.illinois.gov. Please go to the Installation [Ready Army website](#) and view the Severe Weather Awareness section under the

Upcoming Dates

March 1-5: Illinois Severe Weather Week

March 2: Illinois Tornado Drill Day

March 2: Read Across America Day

March 3: U.S. Navy Reserve's 95th Birthday

March 7-13: National Consumer Protection Week

March 7-13: National Sleep Awareness Week

March 7-13: National Save Your Vision Week

March 10: Salvation Army 130th Birthday

March 12: World Kidney Day

March 14: Daylight Saving Time Begins

March 14-20: National Inhalants and Poisons Awareness Week

March 15-19: Illinois & Iowa Flood Safety Week

March 17: Saint Patrick's Day

March 20: First Day of Spring (Vernal Equinox)

March 22-27: National Youth Violence Prevention Week

March 24: National Kick Butts Day

March 25: Medal of Honor Day

March 25: Greek Independence Day

March 26: Education and Sharing Day

March 27: Earth Hour

"What's New" block at the bottom. Also, for RIA specific information click [this link](#) to open the Updated Draft RIA Emergency Guide and go to Tab I & J - Destructive Weather and Natural Disasters. Feel free to browse the site for information on other emergency information and family planning materials.

Most NSPS Workers Will Return to the General Schedule by

October: The majority of the 225,000 employees in the Pentagon's soon-to-be-defunct National Security Personnel System will move back to their old pay arrangements by **Sept. 30**, the NSPS Transition Office announced on Feb. 23. The transition office is in the process of certifying Defense Department offices' and organizations' plans for returning NSPS employees to their previous pay systems, and those offices will inform workers once the strategies are approved, according to the announcement. In the fiscal 2010 Defense authorization law, Congress gave the department until Jan. 1, 2012, to roll back the pay-for-performance system completely. "We encourage organizations to share details of the transition with their workforce where appropriate," the transition office's director, John James Jr., said in a statement. "We will work to keep everyone informed as processes are solidified." ([More](#))



Ban on USB Devices in Army Remains -- For Now: The ban on using USB devices on military computers remains, for now, in the Army -- despite a partial lift of the original ban by U.S. Strategic Command. USSTRATCOM issued a tasking order to services and concerned parties, Feb. 12, that [allows the services to loosen restrictions](#) on use of USB and flash media devices. Individual services, however, may continue the ban until they feel their networks are adequately equipped to deal with the threats posed by the portable storage devices. The official word from the Army Global Network Operations Security Center is "we are currently conducting mission analysis in order to provide guidance for the Army's safe return of thumb drives and flash media." According to the AGNOSC, there are conditions that must be met prior to the lift of the ban. Those conditions include, but are not limited to ensuring that users are only using government-approved and purchased devices and that Army networks are properly configured. ([More](#))



New Credit Card Rules: Learn more about the new credit card rules effective **Feb. 22** at www.federalreserve.gov/creditcard/ or visit the Army Community Service consumer affairs section of Hot Topics at <http://www.riamwr.com/acs/jobsMoneyHT.htm>. Desire more information or assistance? Contact Jon Cook at (309) 782-0815 jon.c.cook@conus.army.mil

From the Desk of the Health Benefits Advisor: Exciting news for [U.S. Army Health Clinic Rock Island Arsenal](#) located in the basement of Bldg. 110. We would like to welcome as part of our staff and team, Dr. Jeffery Jauron, D.O. as our new Primary Care Manager. Dr. Jauron is a graduate from the School of Osteopathic Medicine in Des Moines, Iowa. He brings many years of experience in family practice, along with experience in osteopathic medicine (manipulations/adjustments). His primary focus is on Soldier's wellness, family care and occupational health. We are so excited to have Dr. Jauron as our provider here at the U.S. Army Health Clinic and we are sure you as a patient will be very satisfied. The clinic is open for enrollments so please feel free to enroll. Please contact Judy Green, the health benefits advisor, at (309) 782-0800 for further details on enrolling with this new provider. At this time we are seeing retirees on space availability. Have a great TRICARE day!



Arsenal Standard Dialing Prefixes Changing: As part of the 7th Signal Command and 106th Signal Brigade's directive to standardize telephone dialing across CONUS, the NEC-RIA will be changing dialing procedures effective Friday, **March 12** at 8 p.m.

- The DSN dialing prefix will change from 84 to 94. (94 + the 7 or 10 digit DSN number.)
- The Commercial Local dialing prefix will change from 9 to 99. (99 + the 7 digit number.)
- The Toll Free dialing prefix will change from 9 to 99. (e.g. 99 + 1 + 800 + the 7 digit number.)
- The Commercial Long Distance prefix will change from 9 to 97. (97 + 1 + the 10 digit number.)

If you have Speed Dialing or Call Forwarding programmed on any device for off-post dialing, you will have to make the necessary changes. Devices affected if programmed are telephones, fax machines, modems, sensaphones, alert notification systems, and video and audio bridges.

The current five-digit dialing for on-post numbers will not change. Dial 911 for emergency services. Final cutover date and time is Friday, March 12 at 8 p.m. For further information call the NEC-RIA Helpdesk at (309) 782-0900.

Half-Staffing of the National Flag: As a mark of respect to the memory of Gen. Alexander Haig, Jr., the National Flag will be flown at half-staff at all installations, activities, and vessels of the Department of the Army in the District of Columbia and throughout the United States and its territories and possessions, from reveille to retreat on the day of interment **March 2**. Gen. Haig, United States Army, retired, passed away on Feb. 20, in Baltimore, Md. In 1969, he was appointed Military Assistant to the Presidential Assistant for National Security Affairs, Henry Kissinger, a position he retained until 1970 when President Richard Nixon promoted General Haig to Deputy Assistant to the President for National Security Affairs. In this position, he helped South Vietnamese President Nguyen Van Thieu negotiate the final cease-fire talks in 1972. General Haig continued in this position until 1973, when he was appointed to be Vice Chief of Staff of the Army, a post he held until the last few months of President Nixon's tenure, during which he served as White House Chief of Staff. General Haig served as White House Chief of Staff during the height of the Watergate affair from May 1973 until September 1974. He remained White House Chief of Staff during the early days of the Ford Administration until Donald Rumsfeld replaced him in September 1974. From 1974 to 1979, General Haig served as the Supreme Allied Commander Europe (SACEUR), the Commander of NATO forces in Europe, and Commander-in-Chief of United States European Command (CINCUSEUR). General Haig later retired from the Army in July 1979. ([ALARACT 057/2010 - Death of a Retired General Officer](#))



AUSA March 11 Program Featuring George Eaton: The [Association of the United States Army](#) is holding a general membership meeting on **March 11** at the Rock Island Arsenal Club from 5-7 p.m. Admission is \$10 per person, \$5 for Soldiers (payable at the door). Dress is business for civilians and duty for military. The special guest speaker is George Eaton who will discuss "Civil War POWs at Rock Island." George Eaton graduated from Knox College, Galesburg, Ill., in 1980 with a BA in history and theatre. He also earned masters of arts degrees from the University of Minnesota (military history) and the Naval War College (strategic studies). George served 21 years in the Army as an ordnance officer and logistician. During his Army career he spent three years teaching the military history survey course at the United States Military Academy. He has been the command historian



for the U.S. Army Sustainment Command since February 2002. He also teaches military history courses at St. Ambrose University.

Employee FEHB Service Day: The insurance providers (GEHA, Aetna, Mail handlers, BC/BS Iowa and Illinois) are coming for a Health Insurance Service Day on **March 9** for two sessions 9-11 a.m. and 12-2 p.m. It will be held in Bldg. 102, 2nd floor, SW. If have any questions call Amber Carlin, (309) 782-1206 or Paul Buser, (309) 782-1150.

Iowa/Illinois Women in Defense Announces Symposium: WID Annual Symposium will be held at Waterfront Convention Center, 2021 State St. Bettendorf, Iowa. Cost is \$150. Theme – Leadership: "Marching to your own beat". Submit payment to: Brenda Hanes at (309) 794-0115 or Mary Dalmasso at (309) 793-1391. Call Chris Weatherspoon for more information at (563) 445-6740.

Date: **Thursday, March 4**

Time: **7 a.m. - 3:30 p.m.**

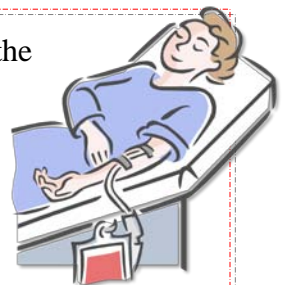


Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, March 12, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119.

A **2nd shift** blood drive will be held in the Kingsbury Conf. Room (Bldg. 210, Room 121) beginning at 6:15 p.m. on **March 19**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor.



*The Truth About Donating Blood! Excuse: I take prescription medication.
Truth: Most medications are acceptable, including high blood pressure, diabetes, thyroid, anti-depressants, asthma and allergy medications.*



Give Blood.

The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplantations programs. For additional information see: www.cpol.army.mil/library/permis/5012b.html

Spring Golf Seminars: **March 16, 23, 30 and April 6** topics to be covered ... Swing Fundamentals, Game Management/Assessment, Course Design/Strategy, Practice Strategies, Fitness for Golf This seminar series will be interactive and participation will be encouraged. Lunch included in cost of \$20 per session. Call (309) 793-1604 to register.
Time: **11:30 a.m. to 12:30 p.m.**

EWGAQC Women Golf Kick-Off Event: The Executive Women's Golf Association aims to connect women to learn, play and enjoy golf for business and fun. Come to iWireless Center to learn more about the organization. Advance registration is \$15 or \$20 at the door. To register go to www.ewgaqc.com, click on kick-off.

Date: **Tuesday, March 23**

Time: **5:30-7:30 p.m.**

Open House Dining: The Rock Island Arsenal Golf Club invites you to take advantage of a limited dining opportunity during on **Saturday evenings in March**. The Club will allow non-member diners to make reservations on these evenings. Reservations are required. Please call (309) 793-1601. Time: **6-9 p.m.**



Dad Was Right About Those Lights: 'tweeted' by [the daily green](http://the.daily.green) – It seems simple, but turning off lights when you leave the room can save a lot ... <http://bit.ly/cA7SXl>

Power Outage: A power outage is planned for Bldg. 62, 2nd floor. The outage will occur on Saturday, **March 6**; at 7 a.m. Power should be restored by 4 p.m. This work is in support of IJO 10-01877.

Time: **7 a.m. - 4 p.m.**



Quad City Arts Invites You: Art @ Airport – showcasing 25 regional artists annually to more than one million passengers. Rock Island Gallery – representing 75 artists in consignment sales gallery & exhibiting 25 regional artists annually. High School Art Show – more than 120 students selected to exhibit their work, many for the first time. Artist in You – Opportunity for 50 amateurs to exhibit their work. Support for Visual Arts Programming: mARTch Madness – Mad Hatter's Bash, **March 26**, 6:30-10 p.m., Modern Woodmen Park, Tickets: \$27 each in advance or \$40 at the door; \$200 for a table of eight. Sponsorship Opportunity: \$1,000 includes logo and name recognition in all materials, advertising (newspaper, e-mail blast, website) and promotions; one table for eight. Contact: Carmen Darland, (309) 793.1213 ext. 101 or cdarland@quadcityarts.com, www.quadcityarts.com



Rock Island Arsenal Historical Society Dinner: The RIA Historical Society will have its monthly dinner meeting, 6 p.m., Thursday, **March 4**, at the Arsenal Club, Bldg. 60. Presentation will be made by the President of the Putnam. Dinner is served for \$11.50. Guests and non-members are welcome. For reservations call (309) 796-0616 or (563) 355-6165.



Rock Island Arsenal Museum Hours of Operation: The Rock Island Arsenal Museum is open: Tuesday through Friday, 10 a.m. to 4 p.m. and Saturday and Sunday, Noon to 4 p.m. The museum is closed on Mondays and major holidays.

Rock Island Arsenal Tax Center: Rock Island Arsenal is hosting its annual Tax Center which can assist military card holders (service members, service members' families, retirees, etc...) with filing your taxes. Make an appointment by contacting either between **Jan. 26 and April 15** at the Office of Counsel, Bldg. 390, Suite 105 to have a volunteer, trained by the IRS and Military Legal Office, help prepare and file your returns. POC: Jared.Sweany@us.army.mil; or Laura.McSparin@conus.army.mil; (309) 782-0586.



Arsenal Attic Thrift Shop & Boutique: Earn some green as you clean for spring. We need new merchandise to fill our shelves. Our customers are looking for spring and summer clothing, patio and garden decor, fishing gear and more. Stop in today to pick up forms and tags. Open Saturday March 20, 9 a.m. – 2 p.m. POC: (309) 782-6977

Arsenal Traffic/Construction



Moline Bridge Closure: On **Jan. 26** the Arsenal Moline Bridge was closed to vehicular and truck traffic for a nine-month period. Construction is due to be complete by **5:30 p.m. Tuesday, Oct. 26**. This is to allow for complete replacement of the bridge roadway and miscellaneous repairs to the structure and piers. Truck and vehicular traffic are being detoured to the Rock Island and Davenport entrances where temporary modifications have been made to handle the increased traffic flow. Additional officers located at strategic points will be present to direct and control traffic. Issuance of visitor's passes and truck inspection are being conducted at the R.I. Gate. A traffic plan is underway that allows traffic to enter/exit the Rock Island Arsenal via the Davenport and Rock Island gates. Arsenal traffic only (two lanes in/two lanes out) will be allowed to enter and exit RIA via the Government Bridge during peak traffic hours (5:30-8:30 a.m. & 2:30-5:30 p.m.). The Rock Island Viaduct and Rock Island entrance (gate) will remain two-way traffic throughout the closure. Access to the National Cemetery and Bldg. 23 (CAC/Military ID Office) is available during the closure by proceeding eastbound on Rodman Avenue. Questions/comments/concerns from the Arsenal workforce can be sent to the "Ask the Garrison Manager" e-mail at ROCK-AGM@conus.army.mil, while phone calls from the Arsenal workforce should be directed to (309) 782-2446.



Two Lane Traffic Exiting the Arsenal: When exiting the Arsenal during peak periods in the afternoon, beginning at 2:30 p.m., two-lane traffic on Rodman Ave. does not begin until Flagler Ave. Some drivers have been attempting to begin driving two-lanes westbound starting at Gillespie Ave., creating a hazard to oncoming traffic. POC: Msg. Dale Heiser, Rock Island Arsenal Police Department, (309) 782-2686

Building/Space Closures



Bldg. 108 Restroom Closure: The men's restroom (108-1-1) located in Bldg. 108 is scheduled for closure during **March 8-12**. The closure is necessary to perform painting of the room.

Cafeteria Announcement: The Bldg. 212 Cafeteria closed **Jan. 4** for renovation. This also includes the smoking room adjacent to the cafeteria. In Bldg. 210, Room 117, hot meals (breakfast and lunch) are still provided in accordance the [posted monthly menu](#). A temporary dining room is located in Bldg. 210, Room 121 (Kingsbury Conf. Rm). The temporary smoking room will be relocated to Bldg. 211, Room 133. Tentative completion of cafeteria renovation is spring 2010.

Active Duty/Reserve Zone



R. Lee Ermey to Lobby Congress on Adding Marine Corps Name to

Department of Navy: Full Metal Jacket star R. Lee Ermey and the Marine Corps League held a press conference Feb. 25, in Washington D.C. to announce legislation and a grassroots campaign to give Marines equal status with the Navy. The legislation, H.R. 24 and S.504, would change the name of the Department of the Navy to the “Department of the Navy and Marine Corps” and the Secretary of the Navy to the “Secretary of the Navy and Marine Corps.” It would not create a separate department. The Marine Corps operates under the Department of the Navy. Families of Marines who die in combat receive condolence letters on Navy letterhead—with no mention of the Marine Corps. Ermey said a major reason for his involvement with the campaign was to properly honor Marines who have fought and died in battle. “When the family of a fallen Marine receives a condolence letter, the Marine Corps name should be proudly mentioned,” Ermey said. “I don’t think that’s too much to ask for.” ([More](#))



Wounded Warriors: 'tweeted' by [the USO](#) – Heard about Operation Homefront? Wounded Warriors and Olympic Hockey players team up! <http://bit.ly/c3yVf2>

Military Personnel and Families Receive Complimentary Care from

Palmer: In support of our military, the Palmer Chiropractic Clinics is offering complimentary care for active duty military personnel and their Families, including those in the National Guard or reserves. Veterans classified as 50 percent or more disabled by the VA as a result of injuries or illness during military service also are eligible for complimentary services. The complimentary care includes chiropractic exams, adjustments, X-rays and rehabilitative services. In addition, Palmer Chiropractic Clinics is offering active duty military & their Families three things essentially:



PALMER
Chiropractic Clinics

- The opportunity to come to listen to Brig. Gen. Becky Halstead speak on our campus on March 12.
- The opportunity to be honored publicly for their service to our country.
- An invitation to join them "up the hill" at their brand new Academic Health Center for brief tours of the facility where they'll be offering complimentary care for them. Light refreshments will be served and they will have an opportunity to set up appointments to begin care at that time.

Call the Palmer Clinics in Davenport at (563) 884-5801, or Moline at (309) 764-4901, to make an appointment.

Free Tax Assistance for Members of the Military: The IRS wants military members and their spouses to know they may be eligible to receive free tax return preparation assistance. The U.S. Armed Forces participates in the Volunteer Income Tax Assistance program and provides free tax advice, tax preparation, return filing and other tax assistance to military members and their families. ([More](#))



Safety Spotlight



ARMY SAFE
IS ARMY STRONG

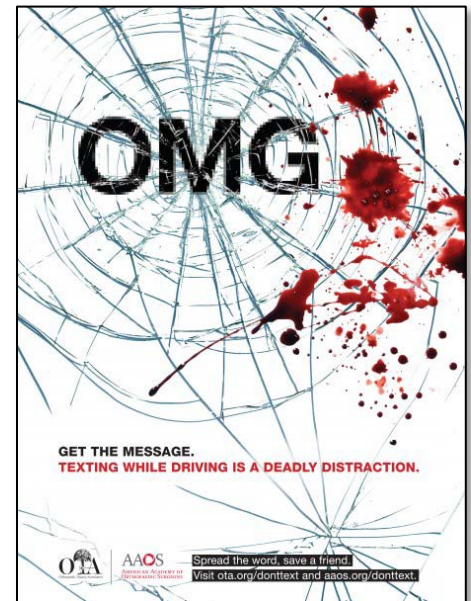


OSHA Training Courses: The RIA Garrison and JMTCS Safety Offices will be conducting OSHA 10 hour and 30 hour General Industry Outreach Training courses throughout the year. The courses cover topics addressing OSHA and Army safety requirements such as fire safety, electrical hazards, composite risk management and machine guarding to name a few. The 10 hr course is an overview of OSHA required and selected topics and the 30 hr course goes into more detail on OSHA required and selected topics. Employees interested in attending the courses can sign up in TEDs. Look for “10-HR OSHA” or “30-HR OSHA” in TEDs to find a course. Employees will receive a course completion card for attending. For more information please contact Ed Welch, Garrison Safety Office at ext. (309) 782-6798 or via e-mail ed.welch@us.army.mil.



Texting While Driving is a Distraction – Don’t Do It!: The American Academy of Orthopaedic Surgeons (AAOS) has joined forces with the Orthopaedic Trauma Association (OTA) on a public service announcement urging drivers to **never** text while driving. Simply put, texting is a deadly distraction that can cause accidents, severe orthopaedic traumas or even worse, death. Orthopaedic surgeons not only treat, but want to prevent accidental traumas from occurring in the first place. This ad is the first step in educating the public in what has become a commonplace practice among drivers. Spread the word, save a friend. **Get the Facts!:** The National Safety Council (NCS) estimates that nearly 28 percent of crashes – about 1.6 million a year – can be attributed to cell phone talking and texting while driving. In addition, general statistics on distracted driving are startling:

- 80 percent of all crashes and 65 percent of near crashes involve some type of distraction. (Source: Virginia Tech 100-car study for NHTSA)
- Nearly 6,000 people died in 2008 in crashes involving a distracted or inattentive driver, and more than half a million were injured. (NHTSA)
- The worst offenders are the youngest and least-experienced drivers: men and women under 20 years of age. (NHTSA)
- Drivers who use hand-held devices are four times as likely to get into crashes serious enough to injure themselves. (Source: Insurance Institute for Highway Safety)



On Oct. 1, President Obama signed [Executive Order 13513](#), Federal Leadership on Reducing Text Messaging While Driving. Among other things, the Order **prohibits all federal employees and contractors** from engaging in text messaging while:

- Driving vehicles that are owned, leased or rented by the government.
- Driving privately owned vehicles while on official government business.
- Using electronic equipment supplied by the government (including cell phones, Blackberrys and other electronic devices) to text while driving any vehicle.

National Collision Awareness Month: According to statistics from the Illinois Department of Transportation, there were 845 fatal crashes in 2009, resulting in 924 deaths. Illinois experienced 77 fatalities, but how many of these fatal crashes could have been prevented with a better awareness of basic driving safety? "So often, people are unconcerned with their driving habits or take for granted the safe operation of a vehicle until they experience a collision or crash that most likely could have been avoided," said Jeffrey Kroll of the [Law Offices of Jeffrey J. Kroll](#). "March is National Collision Awareness Month, and I'd encourage all drivers to take a step back and explore how to be safer on the road. ... Because so many of us have been driving for years, we may let simple safety concerns slip through the cracks, but we can all use a gentle reminder during this month-long holiday to get back on track behind the wheel," said Kroll.

Equal Opportunity Focus



Career Path to Army Leadership: The Garrison Equal Employment Office Presents "Career Path to Army Leadership" – a Panel Discussion, on **March 11**, 10-11:30 a.m., Arsenal Club, Bldg. 60. Please join us for a panel discussion on the career path to Army Leadership. Learn about the Senior Service College & Professional Military Education Programs:

- How to Apply
- Ideal Candidates/Eligibility
- Nomination/Selection Process

Learn from those who have successfully taken this path and seize the opportunity to seek advice from proven leaders! Panelists:

- Jyuji Hewitt, JMC Deputy to the Commander
- Jim Coffman, ASC G-4
- Michael Roche, Defense Acquisition University

All employees are encouraged to attend this program. For more information contact: Rachel Marshall, (309) 782-2604, rachel.c.marshall@us.army.mil. Registration available in TED, keyword: Career Path.

Women's History Month: Women have served in the United States Army since 1775. They nursed the ill and wounded, laundered and mended clothing, and cooked for the troops in camp on campaign; services that did not exist among the uniformed personnel within the Army until the Twentieth Century. Women are an invaluable and essential part of the Army. Currently, women serve in 91 percent of all Army occupations and make up about 14 percent of the active Army. Women continue to have a crucial role in the War on Terrorism and their sacrifices in this noble effort underscore their dedication and willingness to share great sacrifices. With passion and courage, women have taught us that when we band together to advocate for our highest ideals, we can advance our common well-being and strengthen the fabric of our Nation. Each year during Women's History Month, we remember and celebrate women from all walks of life who have shaped this great Nation. The overarching theme for 2010 and our 30th Anniversary celebration is Writing Women Back into History. It often seems that the history of



women is written in invisible ink. Even when recognized in their own times, women are frequently left out of the history books. To honor our 2010 theme, we are highlighting pivotal themes from previous years. Each of these past themes recognizes a different aspect of women's achievements, from ecology to art, and from sports to politics. ([National Women's History Project](#)) ([Women in the U.S. Army](#))

Prevention of Sexual Harassment Training (POSH): Prevention of Sexual Harassment Training will be offered by the Garrison EEO Office for New Hires, Refresher and Online POSH Training. The location will be the Blackhawk Conf. Room, Bldg. 109, 3rd Floor, New Hires at 8:30 a.m. and Refresher at 10 a.m. on the following days:



New Hires:

- March 9
- April 13
- May 11

- June 8
- July 13
- Aug. 17

- Sept. 14
- Oct. 12

Refresher:

- March 9

- Sept. 14

To sign up for this mandatory training, please register through [TEDs](#); key word: "posh refresher on line." POC for POSH training (or to receive special accommodations) is carmen.ausborn@us.army.mil at (309) 782-2927.



Registration for [TEDs](#) is available. Use the word "**posh**" when registering. For any additional information or accommodation please contact: carmen.ausborn@us.army.mil or (309) 782-2927/2548.

"Our goal is to erase sexual assault and sexual harassment from the life of the United States Army ... We've proven in so many other areas that we can distinguish ourselves from the rest of society, and this is going to be one of those examples that we're going to set for the nation." - Pete Geren, Secretary of the Army, www.sexualassault.army.mil.

DefenseLink News Release: [Fiscal Year 2008 DoD Sexual Assault Report Released](#)

On Army News Service: [Army Striving to Decrease Sexual Assault, Increase Reporting](#)



Morale, Welfare & Recreation (MWR)



Morale, Welfare & Recreation (MWR): Visit the MWR website at www.riamwr.com for information on all MWR programs.

Grand Opening of Arsenal Club: Wednesday's starting **March 17**, the Arsenal Club will be reopening on Wednesday nights, Wednesday's will be Open Mic night. 50¢ drafts every week. Food specials. For more info call Cathy Harris (309) 782-6319
Time: **2:30-9 p.m.**

St. Patty's Day at the Arsenal Club: St. Patty's Party at the Arsenal Club., Wednesday, **March 17**, fun begins at 2:30 p.m., Corned Beef & Cabbage Hor' Dourves and the band starts at 6 p.m. Featuring Ellis Kell, Mike Franks, & Tony Hoepner. No cover charge. Small fee for food. 50¢ green drafts. Don't forget to wear your green!

Date: **Wednesday, March 17**

Time: **2:30-9 p.m.**



March Trivia Night: Please join us for a night of friendly trivia competition on **March 18** at 6 p.m. in Heritage Hall. Open to all friends & family. Cost is \$10 per player; Teams up to 10 per team. Call (309) 782-6319 for details.

Texas Hold 'Em Tournament at the Arsenal Club: It's that time again. Texas hold 'em tournament **March 20**. \$40 includes Game & Lunch. 1st Place, \$500 gift card; 2nd Place \$300 gift card; 3rd Place, \$150 gift card. Trophies for 1st-8th places. Sign up in the ITR office located in Bldg. 60. For info (309) 782-6319

Date: **Saturday, March 20**

Time: **12-7 p.m.**

Dealers Wanted for Texas Hold Em': We want you ... for celebrity dealer for our Texas hold 'em tournament **March 20**. Tournament starts 1 p.m. No experience needed- training provided. All dealers will receive free lunch and a \$25 gift card. To sign up contact Cathy Harris (309) 782-6319

Date: **Saturday, March 20**

Time: **12-6 p.m.**

Get & Go Breakfast: MWR's Get & Go, in Bldg. 110, has added a continental breakfast from 6:30-8 a.m. daily. Come check out our new specialty coffees, donuts, bagels, fresh fruit, juice and much more. For info contact Cathy Harris (309) 782-6319.

Arsenal Club Bar & Grill: The Arsenal Club Bar & Grill started delivery service in the evenings from 5-7 p.m. on Thursday & Friday evenings. Also, do you only have 30 minutes for lunch? Let us do the cooking and bring it right to your building. You can check out our full menu on the [MWR website](#). For further details call Cathy Harris (309) 782-6319 or the Club Bar on Thursday & Friday's starting at 2:30 p.m. at (309) 782-3075.

2010 Outdoor Recreation Garden Plots: Signups for this year's Garden Plot Program begin on **March 8**, for active duty military, on **March 15**, for retired military and on **March 22**, for RIA civilian employees. Signups at the Outdoor Recreation Office in Bldg. 333. User Fee is \$15 per plot. Call (309) 782-8630 for more info.

Time: **7:30 a.m.**

Fitness Center Hours of Operation: Saturday/Sunday 7 a.m. – 3 p.m., Monday through Friday 4:45 a.m. -7:30 p.m.

MWR Health Fair Survey: We hope you enjoyed yourself at our annual MWR Health Fair on Feb. 17. It would not be successful without you. Please [click here](#) to give us your input on your experience with your Health Fair.

Auto Skills Facility, Bldg. 351: MWR Auto Skills Facility offers technical assistance; provides equipment and tools for self-help services; and, oil changes and minor automotive repair services (by appointment only). For additional information, please contact (309) 782-8631.

MWR POV for Sale Program: Let MWR Auto Skills provide you an avenue to sell your personal vehicle. Place an ad on the MWR website. Call (309) 782-8631 for details or visit www.riamwr.com.

Recycle Toner / Cell phones Pick-Up: At toner pick-up points, place used toner back in its original box with paperwork that contains shipping label so recycle can easily get these used toners back to correct vender. Place used toners next to grey or blue recycle paper containers in hallways and recycle will pick up when servicing that route. Also, remember you can recycle your old cell phones too!

Qualified Recycle Program: Visit the MWR website for information on items that can be recycled. For your convenience, plastic soda/water bottles may be placed in the receptacle next to the vending machines, along with aluminum cans. The recycle alley cat is located in Memorial Field parking lot **April – October**; and in the commissary parking lot **November – March**.

MWR Leisure Travel Office



Office Hours: Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is closed for lunch from 10:30–11:30 a.m., (309) 782-5890, ROCK-ITR@conus.army.mil.
<http://riamwr.com/BusPgms/special.htm>

Cubs/Cardinals Weekend: Check this out all you Cubs and Cardinals fans. A weekend trip to St. Louis includes the following: A welcome reception, two night hotel accommodations at Holiday Inn, two full breakfasts, one night game + two day games. All of this for \$395 per person. Limited seats available. Taking reservation with payment now.

Date: **Friday, Aug. 13 thru Sunday, Aug. 15**

Time: **TBD**



Cubs Bus Trips: ITR has five bus trips for the Cubs this year. Cardinals - **May 29**; Sox – **June 12**; Cardinals – **Sept. 18**; cost \$112 per person. Reds – **July 3**; Braves – **Aug. 21**; seats are \$106 per person. Limit six per person. No phone purchase, no seats will be reserved without payment. All sales final.

Date: **Thursday, March 11 (tickets go on sale)**

Time: **7 a.m.**



New York Yankees vs. White Sox (Bus Trip): Transportation and ticket to game. Time of game TBD. Section 111, lower box seats. Cost is \$85 per person. No alcohol allowed on bus. Depart from Col. Davenport Pavilion. Limited seats available.

Date: **Saturday, Aug. 28**



Shrek The Musical (Bus Trip): "Shrek - the Musical - Broadway's National Tour at Chicago's Cadillac Palace Theatre. Based on the Oscar-winning film that started it all, the hilarious story of everyone's favorite ogre is brought to life on the Broadway stage. Ten seats available. Adults \$120, 16 & under \$110. Cost includes bus transportation and ticket to the show. Non-refundable
Date: **Saturday, Aug. 7**

Lipizzaner Stallions Coming to iWireless: This show emulates the Spanish Riding School of Vienna, Austria, in its presentation of Lipizzans, and maintains a traditional as well as entertaining performance similar in many ways to what you would see at the Spanish Riding School of Vienna. Seats are \$22 & \$19 on sale until **March 12**.
Date: **Friday, March 26**
Time: **7:30 p.m.**

WWE Presents Monday Night Raw: Come and see some top named wrestlers like John Cena, Triple H, Randy Orton, Shawn Michaels, The Big Show and many more! Limited seats available. Section 106, \$42.50; Section 108, \$31.50. Contact the ITR office for more information.
Date: **Monday, April 5**

Church Basement Ladies 2 – a Second Helping: The year is 1969 and the world is changing. As folks protest the Vietnam War and women are demanding equal pay for equal work, in their small rural Minnesota community, the ladies of the church basement kitchen are dealing with changes of their own. Seats are \$42.50 each and on sale until **March 19**.
Date: **Saturday, April 10**
Time: **5:45 p.m.-7:45 p.m.**

Beauty and the Beast: This classic musical love story is filled with unforgettable characters, lavish sets and costumes, and dazzling production numbers including “Be Our Guest” and the beloved title song will be at the Adler Theatre. Seats are \$57.50 each
Date: **Thursday, May 20**
Time: **7:30 p.m.**

Special Offer for Active/Retired Members of the U.S. Military: Shades of Green Resort & Walt Disney, Orlando, Fla., have teamed up to make a 4-Day vacation for service members and their families even more affordable. Check out the great deals at www.riamwr.com or call the ITR Office at (309) 782-5890. Hurry to make your reservations. This special promotion runs through **July 31**.

Discount Movie Tickets: All movie tickets sold at ITR are \$8. For more information call (309) 782-5890.

Armed Forces Vacation Club (AFVC): Start planning your summer vacation and get great deals on your lodging through the Armed Forces Vacation Club. Go to www.afvclub.com to find condos located all over the world for only \$329/week. Give them installation 90 when making your reservations. Call ITR at (309) 782-5890 with any questions.



Child, Youth & School Services



Registering for Summer Day Camp Lottery: If you are interested in participating in the lottery for the 2010 Summer Day Camp Program, you must be registered with CYS Services by the last working day in February. To register your child, please call (309) 782-0791. For further information, please call the School Age Center at (309) 782-5019.



Army Community Service (ACS)



Persons requiring special accommodations please contact the POC for the ACS session you are interested in.

Check Out Charities Before You Give: A new trend in scams involves fundraising for Haiti. Do personal research at the Better Business Bureau at www.bbb.org/us/charity/

Get Out of Debt: Use PowerPay program to plan and execute your debt liquidation program—www.powerpay.org free from Utah State Extension Service. More assistance available from Army Community Service, (309) 782-0815, jon.c.cook@conus.army.mil

RESUMIX Orientations and Hands On Workshops: Bldg. 110, 1st Floor SE. RSVP to pick date and avoid cancellation at https://home.ria.army.mil/apps/ria_acs_signups/home/signup1.cfm Note: Sign-up in TEDs does not guarantee a seat; also sign-up at the ACS site listed above. (309) 782-0815, e-mail: jon.c.cook@conus.army.mil

Sponsorship Training Available Online: Sponsorship Training is available online by visiting the ACS webpage. After training, successful completion of the Sponsorship Training exam will result in a certificate being awarded to you. To visit the online log on to <https://home.ria.army.mil/sites/sponsor/>. POC: (309) 782-0816.



Employee Assistance Program



Employee Assistance Program: For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are 7 a.m. – 4:30 p.m. Monday through Friday. For additional information on the Employee Assistance Program, go to www.riamwr.com

Take Five Day: EAP is participating in "Take Five Day" on **March 5**, a time for you to take five minutes to talk to your kids about drugs. For further info. please contact EAP 309-782-HELP or visit the "What's New" section on the RIA Homepage for "Take Five" information.

Anonymous Online Mental Health Screening (March): Did you sleep well last night? Your answer to this question could tell others much about your mood and energy level today. It has been found that the emotion centers of the brain are over 60 percent more reactive after missing a single night's sleep (ScienceDaily, 2007). To anyone who has suffered a sleepless night, these results probably aren't surprising. However, they do offer insight into the link between depression, anxiety, and sleep problems. If you find that you have more than an occasional poor night's sleep, or if you feel exhausted during the day despite sleeping through the night, it may be a sign that you are suffering from depression, anxiety or another mental health condition. Because sleep is so important to your mental health, Rock Island Arsenal Employee Assistance Program is honoring National Sleep Awareness Week, **March 7-13**, by offering you the opportunity to complete a free, anonymous screening for depression, anxiety and other common mental health conditions. The screenings are available at: <http://www.mentalhealthscreening.org/screening/> type in keyword ASAP. We hope that you will take advantage of these screenings as a way to look at how you have been feeling and to make sure depression or another mental health condition is not getting in the way of your good night's sleep.

Smoking Cessation: Are you thinking about quitting smoking? Do you need added support, education, and resources? Let the Employee Assistance Program (EAP) help. A Smoking Cessation Group is offered at no cost. The group meets each Wednesday at 3 p.m. in the EAP office, Bldg. 110, First Floor, SE Wing. For more information, call (309) 782-2552 or (309) 782-4357.



Education/Training Review



Army Continuing Education Services: The Army Continuing Education Services (ACES) office, located in Bldg. 56, 1st floor, has new hours of operation. The office is open Monday through Thursday from 7 a.m. – 3 p.m. and is closed on Fridays. If you have any questions, please feel free to contact this office and speak to one of the Education Counselors - Kathy Zingre (309) 782-5895; Mike Montford (309) 782-6343; and Sharon Trier at (309) 782-4398 or the Education Services Officer, Ann Showalter at (309) 782-2065. For more information about education programs the Army offers: [Army Ed Space](#)

Free College Credit: Get college credit for what you know. Test out of college class by taking a CLEP or a DSST on-line exam. Immediate results. National Test Site operated by Western Illinois University in Bldg. 56. Available to all. Free to military. Call (309) 558-6444 with questions or to schedule a test.

National Defense Industrial Association Scholarships: The NDIA Scholarship Committee is now accepting applicants for \$1,500 scholarships. Scholarship applications and additional eligibility criteria may be found at http://www.ndia-ia-il.org/NDIA%20Scholarship_2.pdf. Applications must be postmarked **March 17** or earlier. Additional guidance on the review and revision is enclosed. For more information, call (563) 381-3388 after 5 p.m.

Sgt. Paul Fisher Scholarships: NDIA is now accepting applicants for the awarding of two \$1,000 SGT Paul Fisher Scholarships. Scholarship applications and eligibility criteria may be found at http://www.ndia-ia-il.org/NDIA%20Scholarship_2.pdf. Applications must be postmarked **March 17** or earlier. For more information, call (563) 381-3388 after 5 p.m.

Women in Defense (WID) Scholarship: The 2010 WID scholarship application is now available for download at http://wid.ndia.org/chapters/Iowa_Illinois. Application submission must be postmarked no later than midnight **Sunday, March 28**. For more information, call (309) 792-4102.

Richard D. Maguire Scholarship: The RIA Historical Society is accepting applications for our annual \$1,000 Richard D. Maguire Scholarship. The scholarship is awarded for post graduate, i.e., Master or Doctorate study in History, Anthropology or related subjects. Final deadline is **May 1**. Request applications at: rimahoch@aol.com

Defense Commissary Agency / PX



The [Rock Island Commissary](#) makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com

Oscar Mayer Wiernmobile at the Commissary: The Oscar Mayer Wiernmobile will be at the Arsenal Commissary on **March 12** from 2-6 p.m. We will also be having a children's coloring contest, for details call the commissary. Come and enjoy special savings on Oscar Mayer products.



Arsenal PX New Hours: The Post Exchange is now open Monday thru Saturday, 8:30 a.m. until 6:30 p.m., six days a week! AMCSS is also open Monday thru Saturday, six days a week from 8:30 a.m. until 6:30 p.m. Thank you for shopping with us at AAFES Rock Island Arsenal PX.

Sales Flyers: Patrons can visit the [AAFES website](#) and sign up to receive free online sales flyers.

Healthbeat



Women's Health & Lifestyle Fair: The annual Women's Health & Lifestyle Fair will be held **March 6-7** at the [RiverCenter](#) in Davenport and is free of charge. This year, the Fair will feature the winner of the NBC hit show, The Biggest Loser, Alison Vincent. The Fair features more than 100 vendors showcasing everything from fashion and beauty to healthcare and home improvement. The [Susan G. Komen Foundation](#) will also hold a purse raffle to raise money for breast cancer research. Travel mugs will be given away to the first



1,000 people through the door on Saturday and offer free cutting- boards to the first 1,000 people on Sunday. Also, the [Red Cross Family Safety Day](#) will be taking place in the upper atrium on Saturday, so bring the kids for fun activities and learning opportunities. Hours for the show are 9 a.m. to 5 p.m. Saturday, March 6 and Noon to 4 p.m. Sunday, March 7. ([Details and listing of vendors](#))



Health Tip: 'tweeted' by [ArmyWellBeing](#) – Weight Loss 101: Count Your Calories! Read this great new blog post: <http://ow.ly/1aRuO>

FDA Approves New Pneumonia Vaccine: The Food and Drug Administration on Feb. 24 approved a new pneumococcal vaccine that protects against more strains of bacteria than the existing one and is expected to produce a sharp reduction in the number of cases of bacterial pneumonia and ear infections in children and adolescents. The existing vaccine, called Prevnar, protects against the seven main strains of *Streptococcus pneumoniae*, which not only produce pneumonia but also can invade the blood, middle ear and the covering of the brain and spinal cord. When Prevnar was first marketed in 2000, those seven strains accounted for about 80% of all pneumococcal disease. By 2007, the overall incidence of disease caused by the seven strains in children younger than 5 had been reduced by 99%. ([More](#))

Health Clinic Announcement: Sick Call Hours 7-8 a.m.; RIAHC is continuously offering H1N1 flu vaccine, Mon. – Wed., 1-3 p.m.; Lab closed – March 8; Radiology closed, March 1-5; Clinic closed, March 26, at 12:30 p.m. for training.



Heart Healthy Tip: 'tweeted' by [healthdotmil](#) – By keeping tabs on cardiovascular risk factors, you can make lifestyle changes b4 you get heart disease or have a stroke.

FDA Warns of Maalox Mixup: The packages say Maalox Advanced and Maalox Total Relief, and consumers might justifiably think that they're simply two versions of the same product. They're not, and mixups have resulted in at least five reports of serious adverse reactions, the Food and Drug Administration said Wednesday. Maalox Advanced Regular Strength and Maalox Advanced Maximum Strength are antacids containing aluminum hydroxide and magnesium hydroxide. Maalox Total Relief is an upset-stomach reliever and anti-diarrhea medicine; its principal ingredient is bismuth subsalicylate, which is related to aspirin. Like aspirin, it can cause stomach bleeding. It should not be used by people with a history of gastrointestinal ulcer disease or a bleeding disorder, nor by children or teens recovering from a viral infection. It is also not for patients taking oral anti-diabetic drugs, blood-thinning drugs and nonsteroidal anti-inflammatory drugs. ([More](#))



Notes for Veterans



Web Site Offers Single Access Point for Wounded Warriors: The federal departments of Veterans Affairs, Labor and Defense unveiled today an improved Web site for wounded warriors. “VA is committed to tapping into the full powers of the Internet to provide accurate, timely, easy to find and easy to understand information that improves the lives of Veterans, service members, their families and all who care for them,” said Secretary of Veterans Affairs Eric K. Shinseki. The National Resource Directory is a comprehensive, free, online tool for wounded, ill and injured

service members, Veterans and their families. Visitors to the site can find an extensive range of information about Veterans' benefits, including disability and pension benefits, VA health care and educational opportunities. The site also provides information for those who care for Veterans, such as access to emotional, financial and community assistance. ([More](#))

Retiree Affairs



NARFE Service Center: Effective **Jan. 7**, the NARFE (National Active and Retired Federal Employees) Office, will be relocated from Bldg. 102 to Bldg. 56, Room 103A. Better parking. The office will only be open on Thursdays from 8:30 to 11:30 a.m. Phone numbers remain unchanged (309) 782-0187 or (309) 782-1799.



Car Pooling Announcements



Submit car pooling announcements via the [Island Announcements](#) page. Please use that page to contact ROCK-RIA-PA to take your announcement off once you have found a ride.

Ride:

- **Ride Wanted:** Ride wanted from Camanche to Bldg. 350 call (563) 593-4531.

Car Pool:

- **Carpool:** Current carpool looking for one additional driver/ rider. Must have reliable vehicle with room for four adults. Drivers switch off every other day to alternate driving days. Commuting from Galesburg/ surrounding areas along Interstate 74 to RIA. The Alt Work Schedule is 6:30 a.m. to 4 p.m. with first Fridays of the pay period off. Contact (309) 782-0067, ethan.herrman@us.army.mil

Around the Q.C.



March 6-7: [Women's Health & Lifestyle Fair](#) (Davenport RiverCenter)
March 6-7: [Oakwood Putt Putt Classic](#) (Oakwood Country Club, Coal Valley Ill.)
March 12: [7th Annual Quad Cities Henry Farnam Dinner](#) (iWireless Center)
March 13: [St. Patrick Society St. Patrick's Day Grand Parade XXV](#) (The District/Downtown Davenport)
March 26-28: [Flower & Garden Show](#) (QCCA)
March 27-28: [Pelican Watch at Locks and Dam 14](#) (Between Pleasant Valley and LeClaire)
April 3: [22nd Annual Ranch Riders Easter Egg Hunt](#) (Mississippi Valley Fairgrounds)
April 16-17: [QC Earth Week Fair](#) (QCCA)

May 1: [Volunteers for Symphony Derby Day](#) (Rock Island Arsenal Golf Club)

May 8: [Quad Cities Military Appreciation Week Kick Off](#) (Modern Woodman Ball Park)

May 8-9: [Beaux Arts Fair](#) (Davenport Figge Plaza)

May 15: [Armed Forces Day](#) at Brady Street Stadium (Davenport)

May 15-16: [Scott County Kennel Club AKC Dog Show](#) (QCCA)

June 11-12: [Gumbo Ya Ya Mardi Gras in The District](#) (Rock Island)

June 11-12: [NACQC Drums on the Mississippi Inter-Tribal Pow Wow](#) (Davenport LeClaire Park)

June 11-12: [9th Annual Greek Cultural Festival](#) (Assumption Greek Orthodox Church, East Moline)

June 16-19: [16th Annual Sturgis Mississippi River Motorcycle Rally](#) (Mississippi Valley Fairgrounds)

June 20: [River Action's Ride the River Bike Ride](#) (Union Station, Davenport)

June 26: [QC Pride Fest](#) (Davenport LeClaire Park)

June 26-27: [Quad City Air Show](#) (Davenport Municipal Airport)

July 2-4: [I.H. Mississippi Valley Blues Festival](#) (TBD)

July 3: [Red, White & Boom Fireworks Display](#) (The District Rock Island & Davenport Riverfront)

July 4: [51st Annual AMVETS 4th of July Parade](#) (Downtown East Moline)

July 5-11: [John Deere Classic PGA Tour Event](#) (TPC Deere Run)

July 22-25: [Bix Beiderbecke Memorial Jazz Festival](#) (Davenport LeClaire Park & Various Venues)

July 23-24: [39th Annual Downtown Street Fest](#) (Downtown Davenport, 2nd Street)

July 24: [Quad-City Times Bix 7 Race](#) (Downtown Davenport)

Aug. 3-8: [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds)

Aug. 12-14: [24th Annual Great River Tug Fest](#) (LeClaire, Iowa & Port Byron, Ill.)

Aug. 13-14: [Ya Maka My Weekend Caribbean Fest](#) (The District of Rock Island)

Aug. 14: [Living Lands & Waters' Xstream Cleanup](#) (Quad-City Area)

Aug. 19-21: [Antique Car Club of America's Antique Car Show](#) (John Deere Commons)

Aug. 20-21: [River Roots Live Music Festival & Ribfest](#) (TBD)

Aug. 26-27: [3rd Annual Upper Mississippi River Conference](#) (iWireless Center)

Sept. 10-11: [Viva Quad Cities Festival](#) (Bass Street Landing, Moline)

Sept. 11-12: [Beaux Arts Festival](#) (Davenport Figge Plaza)

Sept. 17-18: [Big Fat Greek Festival](#) (St. George Greek Orthodox Church, Rock Island)

Sept. 18: [WQPT Brew Ha Ha](#) (Davenport LeClaire Park)

Sept. 18: [Celtic Highland Games of the Quad Cities](#) (Centennial Park, Davenport)

Sept. 18: [River Action's Taming of the Slough Adventure Triathlon](#) (Downtown Moline)

Sept. 18: [Vander Veer Park Fall Festival](#) (Vander Veer Botanical Park, Davenport)

Sept. 18-19: [Riverssance Festival of Fine Art](#) (Lindsay Park, Davenport)

Sept. 19: [St. Patrick Society Erin Feis Irish Festival](#) (The District, Rock Island)

Sept. 24-26: [QC Hot Air Balloon Fest](#) (Kennedy Square, East Moline)

Sept. 25-26: [Four Kingdom Renaissance Festival](#) (Q.C. KOA Campground at Camelot)

Sept. 26: [Quad Cities Marathon & Festival of Races](#) (John Deere Commons)



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